



Gracious Balance

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Gracious Balance Newsletter

Welcome to the July 2009 issue of the Gracious Balance Newsletter created to connect with and inform clients and friends. I will be including articles about EMF Balancing Technique, Reiki and spiritual items of general interest.

Watch for postings of upcoming events held by myself as well as other community events of interest. If you have any events you would like included in the newsletter, please write me. If you do not wish to receive the newsletter, e-mail marianne@graciousbalance.com,

write **'cancel'** in the subject line and I will remove you from the mailing list. If you received this newsletter from someone else and would like to be added to the mailing list, e-mail marianne@graciousbalance.com, and write **'add me'** in the subject line.

The Mayan 13 Moon Natural Time Calendar is changing cycles on July 26



Here we are nearing the end of the 13th moon of the year, with barely 10 days to go in this Cosmic Moon of Presence, closing the Blue Electric Storm Year!

Also we start a brand new Galactic Spin cycle on Gregorian calendar date July 23. This is a new cycle in the higher dimensions. It will be the cycle of the Red Magnetic Dragon, Kin I. This is an opportunity for a brand new clean slate; a cosmic restart button!

Please tune in with people all over the world on the **Day out of Time**, July 25, Blue Electric Night, as we stop business as usual and celebrate Peace through Culture!

And of course the Natural Time New Year is July 26, **Yellow Self-Existing Seed!**

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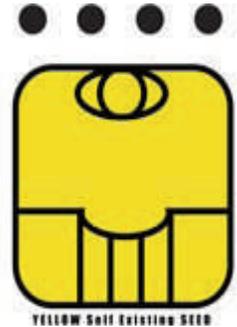
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Yellow Seed

Yellow Seed represents the world's Conscious Self - who we are and who we are becoming.

Yellow Seed is the ordered pattern of growth. You and your life are the fertile soil, and the mystery blooms within you through the power of your intention or seed thoughts. Just as a seed contains the hologram of its completion, the process of manifestation follows a natural order. In this gestation process, your intention is quickened by Spirit. The charged seed, your true desire or vision, becomes the focus for germination.



What can you open that will support receptivity and assist the germination of your seed intentions? Envision the seed receiving the invitation to grow in the openness of your world. Viscerally feel the possibility of your heart's dream emerging. Your true desires and dreams contain an innate intelligence that can break through even the rigidity of fixed expectations. Planting a new seed, even in the hard soil of old belief systems, can bring unexpected magic and growth.

Be willing to break open the constraining shells of past patterns, the shackles of belief structures. Call forth your creative involvement with life. This involvement frees and awakens the powerful energy of the life force, shifting your perceptions and experience, catalyzing the manifestation of your dreams. Participate spontaneously in your growth, unrestricted by the illusion of old structures that once provided safety. Move forward into the light of new possibilities.

Offer your dream-seed to the universe. In the ordered patterning of the light, align with your heart's greater purpose. In gratitude, surrender and release the seed to the benefit of your growth and its own pattern of perfection.

The number for Yellow Seed is four, the vibration of measure. This is the number of cycles and seasons. It represents the ordered patterning of the light wherein, as Jose Arguelles says, "form learns to generate its own seed." The number four represents the freed pattern of form, the germination of specific seeds co-created with Spirit. If you are in the process of seeding something, meditate with the number *four* and the energy of Yellow Seed to assist you.

The Tone for this year is Tone 4: Self Existing

Tone 4, Self-Existing is the tone of order, definition, discrimination, natural cycles, and meaningful alignment.

Four is the ray of *measure*, the alignment with natural cycles. It is the square, the base of the pyramid, the solid foundation that unifies the lines of directional force. Four is the diamond asking you to utilize tools of discrimination.

Now is the time to manifest your dream or vision. Look to natural logic, order and definition - these gifts support the whisperings of your creative spirit. *You* are the architect who manifests your dreams! Open the door and call forth the sacred Four. You are being brought into meaningful alignment, bringing healing into this cycle of your life.

The four directions offer you assistance in understanding universal physical laws. Use measure as a tool of consciousness to mold time, form and space. *Now* is the time to focus, to connect tangibly with the undefined. Take your ideas and give them discipline and form. Develop the ability to discriminate without creating separation or judgement. Channel your creative energy constructively, generating the power for practical manifestation!



A New Galactic Spin Cycle: Red Magnetic Dragon

Red Magnetic Dragon represents the Galaxy's new 260 day cycle of energy

Red Dragon represents the root source of life, the nurturance and support of primary being, and within it are found the primal waters of unity. This is where our deepest roots receive true nourishment. Red Dragon is the energy of form contained within the formlessness of the primordial sea.

Primal trust means making choices with no guarantees, knowing that divine nurturance will provide what is needed for your journey. It means making choices moment by moment, implicitly trusting our innate steering mechanism of heart-knowing. Primal trust implies surrendering to the will of the divine self, letting go of what our egos deems to be control of the outcomes in our lives. It means deeply trusting the processes that are at work within our present spiral of evolution.



The energy of Red Dragon asks us to embrace the depth of our receptivity. Perhaps you have been taught that it is better to give than to receive. Giving is a powerful way to learn how to receive, but it is not the whole picture. There is a circuit of completion in giving and receiving that happens within us and in our external world at the same time. If we trust unconditionally in the giving, we are not attached to how the gift is received. When we freely give, we fill our cup with sweet waters, which we can then offer innocently and purely to others. Know, on one level, that our gift is poured out universally regardless of how it appears to be received. However, when the gift comes from the ego, it is limited by expectations and conditions. Love just is. It is neither given nor taken; rather it is simply discovered and allowed.

The universe is an inseparable whole. Red Dragon represents the energy matrix lines that look like a web in the universe, through which all points are connected in time and space. This energetic web of communication is known as the 'crystal grid network.' It is a cauldron of creation, a potent field in which all things are not only possible but constantly being created. Within this grid, the linear causality of time and space has been freed into an open system in which all time and all space exist and interact simultaneously. This grid connects the larger holograms of reality with our own. Its energy lines connect all places, times and events - even those that are seemingly unrelated. All phenomena and all actions are part of this larger whole; it is the very foundation for telepathy and synchronicity. Red Dragon embodies unity, in which all things are one with the Source.



TheTone is Tone I - Magnetic

Unconditional love, the one heart, indivisible essence, core vibration, new beginnings, chalice of the infinite, All That Is.

One is the ray of *unity* with self and Source. Call forth the resonance of your true vibration. Feel the pulse of this ecstatic frequency of the One. We are being offered profound awakenings and the exquisite radiance of unconditional love. This is a time of new beginnings in our lives. Be active in your individual expression, committed to the growth of your Essence Self.

You contain the paradox of the "separate" self and unity with the One. You are simultaneously the primal point of beginning and the crowing culmination. You are the initiator. You are the one who opens the way. You may feel alone or separated from Source. If so, stand in the unity of your Essence Self and focus on the reality of the one heart. You *are* the wisdom you seek!



Reflexology Exercise for the Brain from Pepper Lewis/Gaia

Reflexology is a system in which specific points on the feet or hands are manipulated to bring about changes in other parts of the body. These reflex points correspond to the major organs, glands, and other areas of the body. Reflexology is a zone therapy, in that life force is circulated throughout the body connecting one part to another. Reflexology restores natural balance, harmony and health. The brain also has corresponding reflex points and these are currently being stimulated on your behalf. If you have noticed a slight but increasing pressure on one or more parts of the brain it could be that specific points are being acted upon. You can actively assist the process and also change unwanted ideas and patterns by doing the following:

- 1. Relax and intentionally calm the physical body.*
- 2. Begin to speak to it in soothing tones that acknowledge a willingness to be present in this moment and in the processes of life.*
- 3. Tell your body to balance and adjust your body's temperature, elevating or lowering it as necessary to bring about a higher degree of comfort.*
- 4. As you take a deep, long and relaxing breath remember who and what you are. Remember the relationship you have always had with your self.*
- 5. Isolate this moment in a bubble of awareness so that you can find it with your awareness at another time.*
- 6. Recognize that you are being presented with an opportunity to grow beyond previous limitations.*
- 7. Take responsibility for the moment and realize that you have purposely drawn it to you.*
- 8. Ask (or allow, if it is already present) Higher Awareness to enter and expand any gaps that prevent the presence of clarity or true knowing. If you can do so in a simple and detached manner, you may want to include a specific problem or pattern. If you cannot present the issue in its pure form it is best to leave it to the process itself.*
- 9. Monitor the activity in your body so that it remains relaxed and attentive. Pay particular attention to the area within the heart that maintains an active and ongoing communication with brain activity.*
- 10. Do not engage thoughts that judge or object. They may be in the process of being evicted and you would not want to delay the process.*
- 11. Affirm the things that you know are true in the absolute of form and formlessness. Name a few of these silently or aloud.*
- 12. Recognize that you are always in your right so there is no need to be wronged by life. This is an important step as frequently it is where victimhood will reveal itself.*
- 13. Allow the experience to be as it is, including gaps, empty moments, and inconsistencies. Release any interest in filling the empty spaces with something.*

This simple exercise requires very little time or effort. In fact, the less importance you place on it the better as it will become a natural and normal part of your development. The benefits will soon become an obvious and important part of your life.



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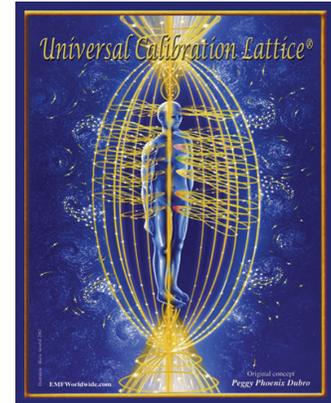
"In the Energy of Love"

www.graciousbalance.com

EMF Balancing Technique®

Transform your life!

- Deepen energetic connections to the Earth & your Infinite Self.
- Honour and acknowledge your sacredness
- Experience profound peace filled self-empowerment
- Integrate body, mind, emotion and Spirit gracefully
- Organize your infinite consciousness which is expanding



Call anytime to book sessions !

Upcoming Events

Reiki Trainings

Reiki I:

Sept. 13 in Waterloo
Aug. 9 in Toronto

Reiki II:

Sept. 20 in Waterloo
Aug. 16 in Toronto

Reiki Master Practitioner:

A new one-day course available by request

Reiki Master Teacher:

A two-day course: by request

Trainings include certification, instruction, manuals, and practical application.

EMF Balancing Technique® Practitioner Trainings

Energetic Foundations:

Phases I-IV

Toronto: November 24 - 29

Internship for professional certification can follow for those students wishing to practice professionally.

See the website for pricing.

www.graciousbalance.com

**Additional trainings
scheduled on request**

UCL Workshop

Waterloo: Sunday, September 13/09

"A Step towards Balance, Peace, and Self-empowerment"

This 1-day workshop stands alone as a valuable, personal growth experience. It is also the first step in becoming an EMF Balancing Technique Accredited Practitioner should you so choose. The workshop includes instruction and a manual.

Morning Program: A fast paced and informative overview of the Universal Calibration Lattice, what it looks like and how it works and how it can work for you in your individual growth and evolution.

Afternoon Program: Experience an afternoon of activity and energetic alignments, honoring your unique pattern of Wholeness. Learn exercises of clear co-creation. Practice transmitting balancing energy across the room or around the world. Understand your part in the family of Humanity. Receive and learn how to give an empowering, loving and nurturing EMF Balancing Technique Introductory Session.

Cost: \$99